



Organic food for sustainable and healthy diets - lessons from the nordic diet?

Bugel, Susanne; Damsgaard, C. T.; Larsen, T. M.; Saxe, Henrik; Astrup, Arne

Published in:
Annals of Nutrition and Metabolism

Link to article, DOI:
[10.1159/000440895](https://doi.org/10.1159/000440895)

Publication date:
2015

Document Version
Publisher's PDF, also known as Version of record

[Link back to DTU Orbit](#)

Citation (APA):
Bugel, S., Damsgaard, C. T., Larsen, T. M., Saxe, H., & Astrup, A. (2015). Organic food for sustainable and healthy diets - lessons from the nordic diet? *Annals of Nutrition and Metabolism*, 67(Suppl. 1). <https://doi.org/10.1159/000440895>

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

This article is licensed under the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License (CC BY-NC-ND) (<http://www.karger.com/Services/OpenAccessLicense>). Usage and distribution for commercial purposes as well as any distribution of modified material requires written permission.

12th European Nutrition Conference (FENS)

Berlin, Germany, October 20–23, 2015

Abstracts

Guest Editors

Heiner Boeing, Nuthetal

Helmut Oberitter, Bonn

Hannelore Daniel, Freising

Weihenstephan, on behalf of the
German Nutrition Society

KARGER

Organic food for sustainable and healthy diets – lessons from the Nordic diet?

Susanne Bügel, Damsgaard CT¹, Larsen TM¹, Saxe H², and Arne Astrup¹ .1:Department of Nutrition, Exercise and Sports, University of Copenhagen, Rolighedsvej 26, 1958 Frederiksberg C, Denmark, and 2:The Danish Technical University, GDSI-Department of Management Engineering, Produktionstorvet, 2800 Kgs Lyngby, Denmark

Introduction: The New Nordic Diet (NND) was developed in 2004 by chefs and food professionals from the five Nordic countries. The goal for the NND was that it should be based on traditional regional food products but healthier than the traditional eating habits. The NND builds on four key principles: Nordic identity, health, gastronomic potential and sustainability.

Objectives: Can the NND be used as a model for a sustainable diet in other geographical regions?

Methods/design: The NND can be described by a few overall guidelines: 1) more calories from plant foods and fewer from meat; 2) more foods from the wild countryside and 3) more foods from sea and lakes. In many ways, the New NND is very similar to a Mediterranean diet but relies on rapeseed (canola) oil instead of olive oil and ramson instead of garlic. The diets differ in their types of produce due to regional differences in climate, soil and water.

Results: The health effects and sustainability of the NND has been tested in a number of scientific studies, including the OPUS project (Optimal Well-Being, Development and Health for Danish Children through a Healthy New Nordic Diet) supported by the Nordea foundation (<http://foodoflife.ku.dk/opus/english/nyheder/publikationer/>) in which the NND was compared to the Average Danish Diet (ADD). The use of mostly local products and reduction of the meat intake were of both socioeconomic and environmental advantage. Including organic produce increased environmental impact of the NND.

Conclusion: In line with the Mediterranean diet the NND is a predominantly plant-based diet, and although the two have not been directly compared, it would be fairly safe to assume that they are equally healthy. Overall, the NND is just a regional interpretation of the tenets of healthy eating. Basically the principles of the NND could be incorporated into any regional diet.